



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **GROWING STRONGER TOGETHER**

## **Competitive Swim Team**

The swim team will compete as a USA Swimming Team and will participate in at least 1 USA Swimming sanctioned event.

### **Ages 7-18**

Must be able to swim 50 yards without stopping

Practice: Monday, Wednesday, Friday  
Time: 5:00 p.m. - 6:30 p.m.

Cost: \$90.00 Per Session Or  
\$250 for Entire Winter Session  
(\$10 sibling discount)

### **Requirements**

- Must have a swimming suit and goggles.
- Meet fees and travel expenses are paid by swimmer.
- Must become a USA Swimming Member. Approximate cost is : (\$65 per calendar year)

### **Must be a Y Member**

Session 1 - August 13th thru September 7th  
Must be registered by August 10th

Session 2 - September 10th thru October 5th  
Must be registered by September 7th

Session 3 - October 15th thru November 9th  
Must be registered by October 12th

Session 4 - November 12th thru December 14th  
Must be registered by November 9th

**Meet and Greet the Coach!**  
August 9th at 6:00 p.m.

**\*\*Call Luke Whitted at  
639-6107 if you are  
attending.\*\***

For more information please contact Luke Whitted  
423-639-6107 or lukew@greenecounty-ymca.org



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# MAKING WAVES IN MANY WAYS

## Recreational Swim Team

Want a fun activity that will keep kids moving? This program is for beginner to intermediate swimmers, who are looking for a non - competitive environment. We will learn basic stroke techniques, beginner strength training exercises, get in shape and have fun!

### Ages 5-18

Must be able to swim 25 yards without stopping

Practice: Wednesday & Thursday  
Time: 4:00 p.m. - 5:00 p.m.

Cost: \$60.00 Per Session or  
\$160 for Entire Winter Session  
(\$10 sibling discount)

Meet and Greet the Coach!

August 9th at 6:00 p.m.

**\*\*Call Luke Whitted at  
639-6107 if you are  
attending.\*\***

### Must be a Y Member

Session 1 - August 15th thru September 6th  
Must be registered by August 10th

Session 2 - September 12th thru October 4th  
Must be registered by September 7th

Session 3 - October 17th thru November 8th  
Must be registered by October 12th

Session 4 - November 14th thru December 13th  
Must be registered by November 9th

For more information please contact Luke Whitted  
423-639-6107 or [lukew@greencounty-ymca.org](mailto:lukew@greencounty-ymca.org)